



## Vanilla Chai

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



67 kcal

BEVERAGE

DRINK

### Ingredients

- 2 cups water
- 2 sticks cinnamon
- 3 cardamom pods crushed
- 2 bags tea black
- 2 cups soymilk
- 1 serving honey

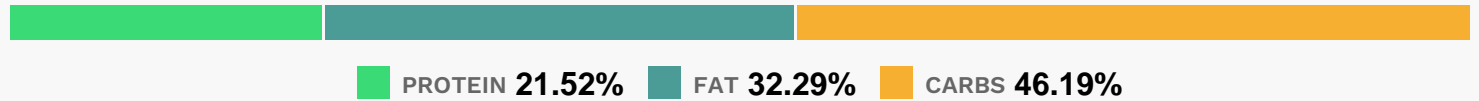
### Equipment

- sauce pan

## Directions

- In 2-quart saucepan, heat water, cinnamon and cardamom to boiling over high heat, stirring occasionally.
- Remove from heat; add tea bags.
- Let stand 5 minutes. Strain tea; discard spices and tea bags.
- Return tea mixture to saucepan; stir in soymilk.
- Heat over medium heat, stirring occasionally, until hot. Sweeten to taste with honey.
- Pour into 4 mugs.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:23.92, Glycemic Load:2.01, Inflammation Score:-4, Nutrition Score:9.7852172987617%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg Thearubigins: 0.41mg, Thearubigins: 0.41mg, Thearubigins: 0.41mg, Thearubigins: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 67.41kcal (3.37%), Fat: 2.47g (3.8%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 6.13g (2.23%), Sugar: 4.46g (4.96%), Cholesterol: 0mg (0%), Sodium: 65.44mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.41%), Manganese: 0.73mg (36.41%), Vitamin B12: 1.27µg (21.24%), Vitamin E: 3.01mg (20.09%), Vitamin B3: 3.93mg (19.63%), Calcium: 192.13mg (19.21%), Vitamin B6: 0.28mg

(14.08%), Vitamin B2: 0.24mg (14.06%), Vitamin C: 8.89mg (10.77%), Folate: 37.92µg (9.48%), Vitamin D: 1.42µg (9.44%), Vitamin A: 468.9IU (9.38%), Copper: 0.18mg (8.82%), Fiber: 1.82g (7.3%), Potassium: 191.8mg (5.48%), Iron: 0.94mg (5.23%), Vitamin B1: 0.08mg (5.1%), Selenium: 2.78µg (3.97%), Zinc: 0.44mg (2.95%), Magnesium: 5.72mg (1.43%)